



The Magic's in the Bag



Combining delicious grains with vegetables and subtle seasoning, SteamFresh Plus will bring inspiration to any meal. Ready to enjoy in minutes.

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Lean Cuisine®

POWER THROUGH YOUR DAY

LOW
GI



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6 WAYS WITH banana bread

AN ALL-DAY TREAT AND AN ALL-ROUND CROWD-PLEASER, BANANA BREAD IS A BREEZE FOR EVERY BAKER AND BEST OF ALL, IT'S RIPE FOR REINVENTION.



DOUBLE
CHOCOLATE
(P52)

BLACKBERRY
& LIME (P53)

PUMPKIN
CHEESECAKE
(P52)

We're always on the hunt for the ultimate banana bread – put these new twists to the test and tell us which is your favourite.



Made this?
Instagram a pic
#Colesmag

Weekend baking

MASTER THE BASICS

Follow these expert tips to turn out top-notch banana bread, loaf after loaf.



THE BEST BANANAS

Banana bread is best made with ripe, soft, full-flavoured bananas – speckled is good, blackened is even better – so buy them well ahead. If you only have very fresh bananas, bake them on a lined baking tray, unpeeled, at 150°C for 30-40 mins or until the skins turn black, then cool, peel and mash.



FREEZE YOUR 'NANAS

It's a great idea to keep overripe bananas handy in your freezer ready for baking. If you've got some forgotten bananas sitting in your fruit bowl, throw them unpeeled into the freezer. Freezing bananas will turn the skin black, but once peeled the flesh inside will be perfect for adding to banana bread mixes, or to your morning smoothie.



DIY BUTTERMILK

The acid in buttermilk reacts with the raising agents in the flour to help the banana bread rise. If you don't have buttermilk, just add 1 tbs lemon juice or white vinegar to a measuring jug, then top up with skim milk to 1 cup (250ml).



GENTLY DOES IT

For the best texture, mix the dry and wet ingredients until just combined. Lumps are fine, but if you overmix it the finished loaf may be tough.



FOIL IS YOUR FRIEND

You can't rush banana bread and oven temperatures vary, so keep an eye on it while it bakes. If the top starts to brown too much before the centre is cooked, just cover it with foil.



USE IT UP

Try using leftover banana bread to whip up deliciously decadent French toast. Simply soak the slices in egg whisked with a little cream and vanilla, then pan-fry in melted butter until golden.



NUTELLA & PEANUT BUTTER BANANA BREAD

MIX IT

- Mix 1 cup (220g) brown sugar and 2 cups (300g) self-raising flour in a large bowl.
- Whisk ½ cup (125ml) buttermilk, 150g melted butter, 2 Coles Australian Free Range Eggs and 2 mashed large ripe bananas in a bowl. Add to flour mixture and stir to combine.

LAYER IT Layer the banana mixture in a greased and lined 10cm x 22cm loaf pan, alternating with ⅓ cup (110g) Nutella and ⅓ cup (95g) smooth peanut butter. Use a knife to gently marble.

BAKE IT Bake at 180°C for 1 hour or until a skewer inserted in centre comes out clean. Cool in pan for 5 mins. Turn onto a serving plate. Serve warm or at room temperature.



MANGO, PINEAPPLE & COCONUT BANANA BREAD

MIX IT

- Mix **1½ cups (225g) self-raising flour**, **1 cup (220g) brown sugar** and **½ cup (40g) desiccated coconut** in a bowl.
- Drain **450g crushed pineapple** in a sieve, pressing out liquid.
- Whisk **½ cup (125ml) buttermilk**, **150g melted butter**, **2 Coles Australian Free Range Eggs** and **2 mashed large ripe bananas** in a bowl. Add to flour mixture. Stir to combine.
- Stir in pineapple and **200g finely chopped frozen mango**.

BAKE IT Pour into a greased and lined 10cm x 22cm loaf pan. Smooth the surface. Bake at 180°C for 1-1¼ hours or until a skewer inserted in the centre comes out clean. Cool in the pan for 5 mins, then turn onto a wire rack to cool completely.

TOP IT To make **passionfruit glaze**, combine **1½ cups (240g) pure icing sugar** in a bowl with **1-2 tbs passionfruit pulp** to form a smooth paste. Spread over the cooled banana bread. Sprinkle with **lime zest**.

CINNAMON DONUT BANANA BREAD

MIX IT

- Divide **2 cups (300g) self-raising flour** between 2 bowls. Stir **½ cup (110g) caster sugar** into 1 bowl. Stir **½ cup (110g) dark brown sugar** into the other.
- Whisk **½ cup (125ml) buttermilk**, **150g melted butter**, **2 Coles Australian Free Range Eggs** and **2 mashed large ripe bananas** in a bowl. Divide between the 2 flour mixtures. Stir to combine.

LAYER IT Layer the banana bread mixtures in a greased and lined 10cm x 22cm loaf pan, alternating with **2 tbs cinnamon sugar**. Use a knife to gently marble. Smooth the surface.

TOP IT Melt **10g butter** in a frying pan over medium-high heat. Halve **3 lady finger bananas** lengthways. Cook, cut-side down, for 2 mins or until golden. Arrange, cut-side up, over the banana bread.

BAKE IT Bake at 180°C for 1 hour or until a skewer inserted in centre comes out clean. Cool in pan for 5 mins. Turn onto a serving plate. Serve warm or at room temperature. →

PUMPKIN CHEESECAKE BANANA BREAD

MIX IT

- Mix 1 cup (220g) brown sugar, 2 cups (300g) self-raising flour, 1 cup coarsely grated pumpkin and 1 tsp ground nutmeg in a large bowl.
- Whisk ½ cup (125ml) buttermilk, 150g melted butter, 2 Coles Australian Free Range Eggs and 2 mashed large ripe bananas in a bowl. Add to flour mixture. Stir to combine.
- Use an electric mixer to beat 125g cream cheese, 1½ tbs caster sugar and 1 tsp vanilla bean paste in a bowl until well combined. Add 1 extra Coles Australian Free Range Egg and beat to combine.

LAYER IT Layer the banana mixture with the cream cheese mixture in a greased and lined 10cm x 22cm loaf pan. Use a knife to gently marble.

BAKE IT Bake at 180°C for 1-1¼ hours or until a skewer inserted in centre comes out clean. Cool in pan for 5 mins, then turn onto a serving plate. Serve warm or at room temperature.

DOUBLE CHOCOLATE BANANA BREAD

MIX IT

- Mix 1 cup (220g) brown sugar, 1¾ cups (260g) self-raising flour, ¼ cup (25g) cocoa powder and ½ cup (65g) dark choc chips in a large bowl.
- Whisk ½ cup (125ml) buttermilk, 150g melted butter, 2 Coles Australian Free Range Eggs and 2 mashed large ripe bananas in a medium bowl. Add to the flour mixture and stir to combine.

BAKE IT Pour the banana mixture into a greased and lined 10cm x 22cm loaf pan. Smooth the surface. Bake at 180°C for 50 mins-1 hour or until a skewer inserted in the centre comes out clean. Cool in the pan for 5 mins, then turn onto a wire rack to cool completely.

TOP IT To make **cookies & cream frosting**, use an electric mixer to beat 125g softened butter in a bowl until very pale. Gradually add 1½ cups (240g) icing sugar mixture, beating well after each addition. Beat in 1 tbs milk, then add 80g melted white chocolate and beat to combine. Spread over the cooled banana bread and sprinkle with crushed Oreo Original biscuits.



BLACKBERRY & LIME BANANA BREAD

MIX IT

- Mix **1 cup (220g) caster sugar** and **2 cups (300g) self-raising flour** in a bowl.
- Whisk **½ cup (125ml) buttermilk**, **150g melted butter**, **2 Coles Australian Free Range Eggs** and **2 mashed large ripe bananas** in a medium bowl. Add to flour mixture and stir to combine.
- Stir in **1 cup (150g) frozen blackberries** and **2 tsp finely grated lime rind**.

BAKE IT Pour the banana mixture into a greased and lined 10cm x 22cm loaf pan. Smooth the surface. Bake at 180°C for 1 hour or until a skewer inserted in the centre comes out clean. Cool in the pan for 5 mins, then turn onto a wire rack to cool completely.

TOP IT To make **blackberry frosting**, place **½ cup (75g) frozen blackberries** and **1 tbs caster sugar** in a saucepan over low heat. Cook, stirring, for 5 mins or until blackberries start to collapse. Cook for a further 5 mins or until mixture thickens slightly. Strain through a fine sieve. Use an electric mixer to beat **125g softened butter** in a bowl until very pale. Gradually add **1½ cups (240g) icing sugar mixture**, beating well after each addition. Reserve 2 tbs of blackberry puree. Add remaining puree to butter mixture. Spread over cooled banana bread. Drizzle with reserved puree.



Selected stores only

STORING & FREEZING

Enjoy your freshly made banana bread any time with these handy tips.

1 STORE Place in an airtight container at room temperature for up to 3 days.

2 FREEZE Wrap individual slices - either iced or un-iced - in plastic wrap and freeze in sealable plastic bags for up to 3 months.

3 THAW Remove banana bread slices from the freezer and leave to defrost on the kitchen bench. Enjoy as is, or gently heat or toast un-iced banana bread and serve with butter.

TRY THESE TOO

When you're short on time and need a quick fix, try these simple banana bread solutions from Coles.



Award-winning bake

Australian made, **Coles Banana Bread 550g*** has the moist texture and rich flavour you want from banana bread.



Easy baking mix

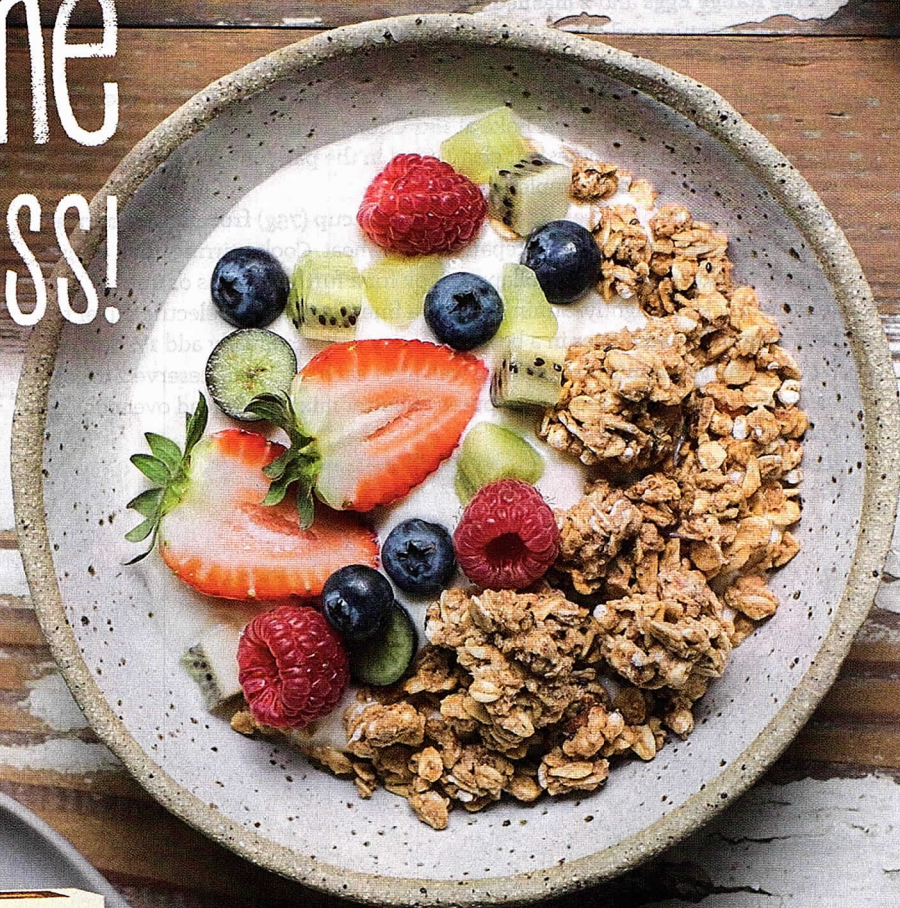
Save time with a box of **Coles Banana Bread Baking Mix 450g** - handy if you have little kitchen helpers around.



Banana bites

Pick up **Coles Mini Banana Muffins 315g* (9 pack)** and decorate with homemade icing for afternoon tea.

Wake up to Wholesome deliciousness!



ORGANIC BREKKIE BOWL

Ingredients:

200g - five:am organic vanilla bean yoghurt
1 cup - five:am organic apple crumble granola
1 cup - mixed berries and diced kiwi

Method:

Layer each ingredient into a bowl and serve immediately.

- ✓ organic granola that's free from nasties!
- ✓ Delicious flavours to choose from
- ✓ Goodness of wholegrain oats
- ✓ Super powered with chia seeds

Goes perfectly with a spoonful of five:am's award-winning organic yoghurt.

Organic means it's truly wholesome good for you and the environment.

five:am organic

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